



Appendix E

Family Preparedness Plan

Emergency Supply Kit

Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least 2 quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

* Store 1 Gallon of water per person per day (2 quarts for drinking, 2 quarts for food preparations/sanitation).

* Keep at least a 3-day supply of each person in your household.

If you have questions about the quality of the water, purify it before drinking. You can heat water to a rolling boil for 10 minutes or use commercial purification tablets to purify the water. You can also use household chlorine bleach if it is pure, unscented 5.25% sodium hypochlorite. To purify water, use the following table as a guide.

Ratio for Purifying Water with Bleach

Water Quantity	Bleach Added
1 Quart	4 drops
1 Gallon	16 Drops
5 Gallons	1 Teaspoon

After adding bleach, shake or stir the water container and let it stand for 10 minutes.

Food

Store at least a 3-day supply of nonperishable food. Select food that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of Sterno®. Select food items that are compact and lightweight. *Include a selection of the following foods in your Emergency Supply Kit.

<ul style="list-style-type: none"> ▪ Ready-to-eat canned meats, fruits, and vegetables ▪ Canned juices, milk, soup (if powdered, store extra water) ▪ Staples-sugar, salt, pepper ▪ High-energy foods – peanut butter, jelly, crackers, granola bars, trail mix 	<ul style="list-style-type: none"> ▪ Vitamins ▪ Foods for infants, elderly persons, or persons on special diet ▪ Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
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First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit* should include:

<ul style="list-style-type: none"> ▪ Sterile adhesive bandages in assorted sizes ▪ 2-inch sterile gauze pads (4-6) ▪ 4-inch sterile gauze pads (4-6) ▪ Hypoallergenic adhesive tape ▪ Triangular bandages (3) ▪ Needle ▪ Moistened Towelettes ▪ Antiseptic ▪ Thermometer ▪ Tongue blades (2) ▪ Tube of petroleum jelly or other lubricant ▪ Assorted sizes of safety pins ▪ Cleaning agent/soap ▪ Latex gloves (2 pairs) 	<ul style="list-style-type: none"> ▪ Sunscreen ▪ 2-inch sterile roller bandages (3 rolls) ▪ 3-inch sterile roller bandages (3 rolls) ▪ Scissors ▪ Tweezers <p>Nonprescription Drugs</p> <ul style="list-style-type: none"> ▪ Aspirin or other pain reliever ▪ Antidiarrhea medication ▪ Antacid (for stomach upset) ▪ Syrup of Ipecas (used to induce vomiting if advised by the Poison Control Center) ▪ Laxative ▪ Activated charcoal (as advised by the Poison Control Center)
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Tools and Supplies

<ul style="list-style-type: none"> ▪ Mess kits, or paper cups, plates and plastic utensils ▪ Emergency preparedness manual ▪ Battery-operated radio and extra batteries ▪ Flashlight and extra batteries ▪ Cash or traveler's checks, change ▪ Nonelectric can opener, utility knife ▪ Fire extinguisher: small canister, ABC type ▪ Tube Tent, Needles, thread ▪ Pliers, Tape, and Compass ▪ Matches in waterproof container ▪ Aluminum foil ▪ Plastic storage containers ▪ Signal flare ▪ Paper, pencil 	<ul style="list-style-type: none"> ▪ Medicine dropper ▪ Shutoff wrench, to turn off household gas and water ▪ Whistle, Plastic sheeting ▪ Map of the area (for locating shelters) <p>Sanitation</p> <ul style="list-style-type: none"> ▪ Toilet paper, towelettes ▪ Soap, liquid detergent ▪ Feminine supplies ▪ Personal hygiene items ▪ Plastic garbage bags, ties (for personal sanitation uses) ▪ Plastic bucket with lid ▪ Disinfectant ▪ Household chlorine bleach
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Clothing and Bedding

*Include at least one complete change of clothing and footwear per person.

<ul style="list-style-type: none">▪ Sturdy shoes or work boots▪ Rain gear▪ Blankets or sleeping bags	<ul style="list-style-type: none">▪ Hat and gloves▪ Thermal underwear▪ Sunglasses
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Special Items

For Baby <ul style="list-style-type: none">▪ Formula, Diapers, Bottles▪ Powdered milk▪ Medications For Adults <ul style="list-style-type: none">▪ Heart and high blood pressure medication▪ Insulin▪ Prescription drugs▪ Denture needs▪ Contact lenses and supplies▪ Extra eye glasses	<ul style="list-style-type: none">▪ Entertainment – games & books▪ Import Family Documents – keep these records in a waterproof, portable container▪ Will, insurance policies, contracts, deeds, stocks, and bonds▪ Passports, social security cards, immunization records▪ Bank account numbers▪ Credit card numbers and companies▪ Inventory of valuable household goods, important telephone numbers▪ Family records (birth, marriage, death certificates)▪ Cell phones with battery charger
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